



The Life Energy Development Weekly

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Weekly Newsletter to develop the energy and purify the mind solely dedicated to the service of the practitioners of the Vo-Vi method of Meditation

Enlightened Mind

With an enlightened mind and clear consciousness, our aura will project naturally,
We will liberate ourselves from both social and spiritual karmic affinities,
With a sincere heart, we practice with diligence to develop ourselves,
Understanding clearly both social and spiritual life, we master both the serene and agitated states.

Vi Kien

Baby Tam Talking To You

Dear Friends,

The Be Tam's Self-Dialogue is written with an **EMPTY** heart, and is closely connected to the benevolent energy of the Great Compassion. It is also a remedy for mental disorders, capable of releasing impure energy from the heart, the liver, and the kidneys. One should not shorten or edit any section; those sincerely devoted to spiritual perfection will understand the deep philosophy of Be Tam's writings.

I hope that you will practice in a righteous manner to truly understand the evolution path of the spiritual consciousness.

Respectfully Yours,
Baby Tam

Questions

- 1) *Why are there always conflicts among people within an association, and why do these conflicts keep happening?*
- 2) *Is it true that you have suggested the formation of centers to improve physical health and increase spiritual awareness?*
- 3) *Do benevolent thoughts directed to the World Above fit with the divine mechanism?*
- 4) *If we respect the benevolent thoughts aimed at the common benefit, is this the same as observing the divine law for spiritual cultivation?*
- 5) *What is agitation?*
- 6) *What are the benefits of looking far ahead and understanding things broadly?*
- 7) *What is the purpose of your efforts to practice assiduously every night?*



September 5, 1991

1) Q: *Why are there always conflicts among people within an association, and why do these conflicts keep happening?*

A: When justice and open-mindedness do not develop uniformly, there will always be conflicts. Thus, I have suggested that before founding an association, one must know the goal of that association. Only then will we be able to make plans for the future, and we won't confuse divine love and human love. All discussions will be based on the principle of love and constructiveness for the common benefit based on God's love. The most important thing is to open up one's mind and make progress.

September 5, 1991

2) Q: *Is it true that you have suggested the formation of centers to improve physical health and increase spiritual awareness?*

A: I have wished for this a long time already. I wish, that everyone would care of their own physical health as well as their spiritual awareness. Only then will we be able to contribute to a better society in the future. We will do less unnecessary tasks such as talking without working. On the contrary, we should work without talking. We will then complete our work successfully, and achieve the original principle. Our virtue and merit will grow stronger and we will feel lighter and purer.

September 6, 1991

3) Q: *Do benevolent thoughts directed to the World Above fit with the divine mechanism?*

A: Yes, all benevolent thoughts aimed at the common benefit and directed to the World Above are in harmony with the divine mechanism, and they can disperse all malefic forces that may cause agitation.

September 6, 1991

4) Q: *If we respect the benevolent thoughts aimed at the common benefit, is this the same as observing the divine law for spiritual cultivation?*

A: If you respect the benevolent thoughts aimed at the benefit of all, you are applying the divine law of evolution on the path of spiritual cultivation. The divine law always promotes open-mindedness and spiritual progress. You will not be slowed down and become agitated.

September 6, 1991

5) Q: *What is agitation?*

A: Agitation means restricting oneself and holding on to ways that prevent the common benefit. It means that the mouth utters words of peace, but the heart is not at peace. This will only cause mishap in the future.

September 6, 1991

6) Q: *What are the benefits of looking far ahead and understanding things broadly?*

A: Looking far ahead and understanding things widely are beneficial only from the theoretical point of view, but work must advance in an orderly fashion, i.e., it must happen in stages, so that progress can be achieved steadily without causing discouragement. The wheels of progress and evolution will be rolling forward steadily, and they will no longer be slowed down by theories of blames and criticisms.

September 6, 1991

7) Q: *What is the purpose of your efforts to practice assiduously every night?*

A: My efforts to practice assiduously every night should aim to destroy the wall of criticisms and blames, in order to achieve useful awakening and knowledge through spiritual practice.



Notes:

The attached translation is a rough draft of Muc Be Tam from the current Vietnamese LED Weekly version, which is prepared especially for English-speaking Vô-Vi fellow practitioners by the English Translation Team.

The Editorial Staff strongly suggests that the document is not to circulate outside the Sunday discussion group, to maintain the accuracy of Master's teaching. A final edited version will be formally published at a later date.
